



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Mota, Kathrin

Club: TSG GutsMuths Qlb
Number: 482

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:53:15

Speed: 9.00 km/h
Running performance: 6:37 min/km

Rank in course/Total: 348 (of 529)

Rank in course/Women: 39 (of 82)

Best time in course: 2:09:50

Rank in category: 8(of 16)

Best time in the category: 2:27:30

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	20:10	6:06	8	2:17	30	4:52	3.30	20:10	6:06	8	2:17	30	4:52
Schlüsie	3.10	24:24	7:52	10	3:29	41	6:17	6.40	44:34	6:57	8	5:41	32	11:02
Hermannsklippe	2.60	20:29	7:52	9	3:12	36	4:46	9.00	1:05:03	7:13	8	8:27	36	15:48
Brocken	3.10	32:54	10:36	8	5:38	33	7:27	12.10	1:37:57	8:05	8	14:05	33	23:15
Eiserner Handwe	3.60	20:16	5:37	10	3:38	38	6:14	15.70	1:58:13	7:31	8	17:08	32	27:57
Schlüsie	4.10	19:36	4:46	8	3:50	38	6:19	19.80	2:17:49	6:57	8	19:43	34	33:22
Loddenke	3.10	16:46	5:24	11	3:14	53	5:02	22.90	2:34:35	6:45	8	22:51	36	38:24
Ilseburg/Markt	3.30	18:40	5:39	11	3:19	52	5:01	26.20	2:53:15	6:36	8	25:45	39	43:25